

metro®

Find a licensed
child care
program

NYC
child care
connect



**Call 311 or visit nyc.gov/health and search
NYC Child Care Connect TODAY!**



Bill de Blasio
Mayor
Mary T. Bassett, MD, MPH
Commissioner

THE NYC HEALTH DEPARTMENT
REGULATES CHILD
CARE TO PROTECT
YOUR CHILD'S
HEALTH AND
SAFETY.



FIND CHILD CARE PROGRAMS IN YOUR AREA
WITH **STAFF** WHO MUST BE:

- Screened and cleared to work with kids
- Qualified and healthy enough to care for children
- Trained to provide CPR and first aid

Visit nyc.gov/health and search
NYC Child Care Connect TODAY!



metro

NEW YORK CITY NO. 1 FREE DAILY IN THE US

Tuesday, June 21, 2016 metro.us | t: MetroNewYork | f: MetroNewYork



OMG... You look Amazing
Invisalign

AWARDED TOP DENTIST & ELITE PROVIDER OF INVISALIGN 10 YEARS IN A ROW
Dentists that completed more cases successfully than anyone in NYC

\$99 per month
Invisalign® Treatment*
(w/ 0% financing)
Call 212-683-2530
www.manhattandentalspa.com

REGAIN YOUR CHILL WITH ACAI

Superfood recipes to tackle stress. 18-19

Yo-Yo Ma brings hope to the movies. 16

Sports ticket agency guarantees good games. 20

NYPD BLACK AND BLUE

Police brass accused of taking cash, Las Vegas trips, hooker from alleged Brooklyn fixer with ties to Mayor Bill de Blasio. 2

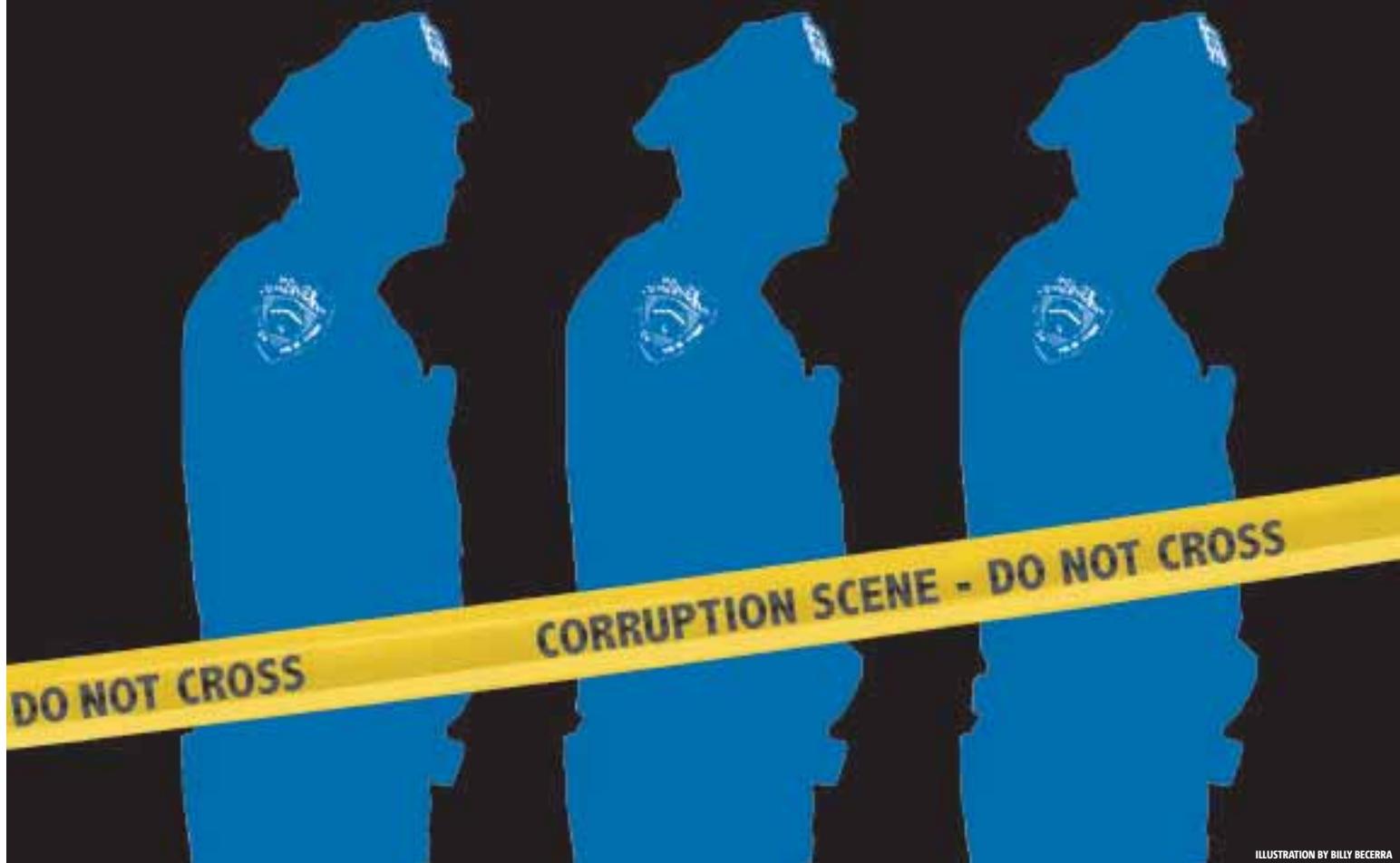


ILLUSTRATION BY BILLY BECERRA

3 THINGS YOU NEED TO KNOW

GUNMAKER: LAWSUIT BY NEWTOWN MASSACRE FAMILIES IS OVERREACH

I The maker of the assault rifle used to kill 26 children and educators at a Connecticut school in 2012 argued that attempts to limit the sale of such weapons to civilians are best left to lawmakers and not families of the victims who sued the company. A lawyer for Bushmaster Firearms, which manufactures the AR-15 that Adam Lanza used in his attack on Sandy Hook Elementary School, told a Connecticut judge the 2005 federal Protection of Lawful Commerce in Arms Act prohibited the suit. "It's not the role of this court or perhaps a jury to decide whether civilians as a broad class of people are not appropriate to own these kinds of firearms," James Vogs, an attorney for Bushmaster's parent company, Remington Arms, told a courtroom so packed that more than a dozen spectators were watching the hearing standing in a hallway outside the court. **REUTERS**



LAWYER: TEXAS 'AFFLUENZA' MOM HAS CURFEW EASED

2 The mother of the Texas "affluenza" teenager had her curfew eased, her attorney said on Monday, in her first court appearance since being charged by a grand jury last month with helping her son flee to Mexico. Tonya Couch, 49, was indicted by a Tarrant County grand jury on charges of hindering apprehension and money laundering for aiding her son Ethan Couch in violating a probation deal that kept him out for jail for killing four people while driving drunk in 2013. The curfew easing came at a hearing that lasted a few minutes before a district court judge. Her lawyer said after the session that the change will make it easier for her to find a job. He did not provide other details on the curfew. **REUTERS**

TRUMP'S CAMPAIGN MANAGER LEAVES STAFF

3 Donald Trump's presidential campaign manager has left, a Trump spokeswoman said on Monday, a further disruption to a campaign already at odds with senior Republican Party figures over his policies. The New York Times said Trump had fired Corey Lewandowski, citing two unnamed people. Lewandowski, who had managed Trump's campaign since it began last year, did not immediately respond to requests for comment. A person working for the campaign told Reuters that some staffers were only learning of the departure through media reports. "The Donald J. Trump Campaign for President, which has set a historic record in the Republican primary having received almost 14 million votes, has today announced that Corey Lewandowski will no longer be working with the campaign," Hope Hicks, the campaign spokeswoman, said in a statement. **REUTERS**



Feds: Corruption charges against cops 'dishonor' NYPD

Brooklyn businessman with ties to de Blasio allegedly bribed cops with trips, liquor, prostitute.

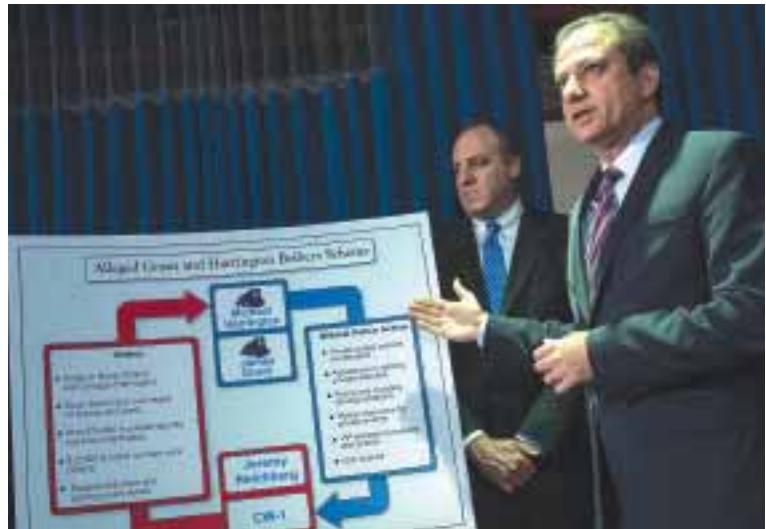
ANGY ALTAMIRANO
@aaltamirano28
angy.altamirano@metro.us

A trio of NYPD officers and a Brooklyn business consultant found themselves in handcuffs Monday morning after federal investigators accused them of a string of alleged public corruption offenses including accepting bribes in return for special police treatment.

U.S. Attorney Preet Bharara announced that NYPD Deputy Chief Michael Harrington, 50; Deputy Inspector James Grant, 43; Sgt. David Villanueva, 42; and businessman Jeremy Reichberg, 42—who has connections to Mayor Bill de Blasio—had been arrested on bribery charges.

Harrington, Grant and Reichberg were charged in Manhattan federal court for exchanging tens of thousands of dollars worth of meals, trips, home renovations, prostitutes and other benefits for police favors such as police escorts, ticket fixing and help in settling private disputes.

Villanueva—who was a former supervisor in the NYPD's gun licensing division—was charged with bribery for allegedly receiving money to expedite and approve gun license applications for in-



Preet Bharara points at a chart during a news conference announcing corruption charges. **GETTY IMAGES**

dividuals, including some with questionable backgrounds.

"It is heartbreaking to see police officers, who have taken the oath to serve and protect, allegedly bring dishonor to an institution and profession deserving of the greatest honor," Bharara said.

According to the complaint, Reichberg and another individual—who has since pleaded guilty and is cooperating with investigators—came up with the plan to provide "lavish benefits" to high-ranking NYPD officials in return for police-related assistance.

From 2012-15, Grant was a commanding officer at a Brooklyn precinct and later became deputy inspector and commanding officer of the 19th Precinct on the Upper East Side. Harrington went from ex-

ecutive officer at Brooklyn North to executive officer at the NYPD chief of department's office.

According to prosecutors, some of the "benefits" accepted by Grant included a private jet trip to Las Vegas for the Super Bowl, a two-night stay at a Rome hotel which

Diego Rodriguez, FBI assistant director-in-charge. "The victims are the citizens of New York, who rely on officers to fulfill their sworn duty."

Under the complaint against Villanueva, it is alleged that from at least 2012 through 2016, the Long Island resident was given cash bribes and other benefits such as limousine rides and bottles of liquor by Alex Lichtenstein, who ran a Brooklyn-based business charging clients thousands of dollars to expedite their gun license applications.

Licenses were allegedly secured within weeks, when normally it can take more than a year.

"These are never good days, these are never easy days, but what I see here is that the system works," Police Commissioner Bill Bratton said.

Reichberg, affiliated with JR Consultants, and a real estate investor, Jona Rechnitz, have been at the center of the corruption probe, Reuters reported. Both men were fundraisers for de Blasio and served on his 2013 inaugural committee.

Bharara said there are no allegations involving the mayor in the complaints and declined to comment further.

"It is heartbreaking to see police officers, who have taken the oath to serve and protect, allegedly bring dishonor to an institution and profession deserving of the greatest honor."

Bharara

WELCOME TO A **FRIENDLY STAFF AND IVY LEAGUE DENTISTRY**

Home of 2 inventors

1. Inventor of the DentalVibe Injection Comfort System
2. Inventor of the Snap On Smile



Snap-On Smile is excellent for:

- Missing teeth • Gaps, crooked or strained teeth
- Those who are not candidates for bridges or implants
- Anyone who would like a Hollywood smile without the expense and discomfort of complex and invasive dental procedures
- Anyone who has an old-fashioned removable partial denture and wants a beautiful, more comfortable alternative



Karina Berman, RDH
Hygienist

Extended Special
from our trained Dentist
Special Whitening Pen

\$59
(regularly \$299)

**NEW PATIENT
OFFER**

Exam, Cleaning,
and X-rays for

\$99

State Of The Art Cosmetic, General & Restorative Dentistry
Invisalign 2015 Preferred Provider - Free Consultation
Implants • Root Canals • Periodontal Treatments
Crowns & Veneers • Teeth Whitening
Emergency Same Day Dental Treatment

**FREE
CONSULTATION**

with DA VINCI Smile
Preview Imaging
Software!



Dr. Marc Liechtung
Inventor of the Snap-On Smile



Dr. Steven G. Goldberg
Inventor of the DentalVibe



Dr. Daniel Jacobs
Specializing in: General Dentistry



Dr. Priya Duggal
Specializing in: Gums & Implants



Dr. Eric Novison
Specializing in: Root Canals

**MANHATTAN DENTAL ARTS COSMETIC,
GENERAL & RESTORATIVE DENTISTRY**

1995 Broadway, Suite 200 New York, NY 10023
Visit us online at www.manhattandentalarts.com

212-957-6453



(SMILE)

Teen arrested in hate crime attack on man leaving Queens mosque

The victim suffered multiple broken bones in his face, fractured ribs and a concussion.

 ANGY ALTAMIRANO
@aaltamirano28
angy.altamirano@metro.us

A 14-year-old boy was in handcuffs Monday after authorities arrested him for the brutal attack of a Muslim man last month outside a Queens mosque.

According to the New York Daily News, the teen — who was not identified because of his age — was arrested for assaulting Mohamed Rasheed Khan on June 1 as the 59-year-old was leaving the Center for Islamic Studies on Jamaica Avenue.

The boy, who was joined by two friends during the attack, told authorities that the assault

happened after one of his friends had suggested to play the “knockout game,” the Daily News reported.

The three boys then decided to attack Khan who was riding his bicycle, according to ABC7 New York.

The two other boys were still being sought as of Monday afternoon.

According to the New York chapter of the Council on American-Islamic Relations — which urged law enforcement to investigate the incident as a possible hate crime — Khan was wearing traditional Islamic garb at the time of the incident.

“Because of the location of the attack outside a mosque, the Islamic attire of the victim, and because nothing was stolen by the alleged attackers, we urge law enforcement authorities to investigate



The victim, Mohamed Rasheed Khan, lies in a hospital bed. PROVIDED

“We urge the NYPD to step up patrols in the area of the mosque, particularly during activities associated with the upcoming fast of Ramadan.” Nasher

a possible bias motive for this troubling incident,” CAIR-NY Executive Director Afaf Nasher said in a statement.

“We urge the NYPD to step up patrols in the area of the mosque, particularly during activities associated with the upcoming fast of Ramadan,” he said.

Khan suffered multiple broken bones in his face, fractured ribs, a concussion and was not able to speak or open his eyes following the assault.

The organization also

said that the boys, who did not steal anything from Khan, were allegedly seen laughing as they left the scene.

“My uncle is an American citizen, and did not deserve this, and he is very humble and he doesn’t bother anybody,” Khan’s niece told ABC following the attack.

“He believes in Islamic ways — he was coming to pray, and Islam is all about love and caring for others. The criminals that did this, they don’t identify with that.”



An A train at 59th Street/Columbus Circle station FLICKR

Cops: Man arrested for Monday Columbus Circle subway slashing

Police have made an arrest related to a Monday morning subway slashing that left one man hospitalized.

Just after 2 a.m., a dispute on a northbound A train spilled onto the platform at Columbus Circle, ABC7 reported. The reason for the dispute was not clear.

The suspect, 21, allegedly slashed the victim,

also 21, in the neck on the A train platform, the New York Daily News reported. The victim, who is expected to recover, was taken to New York-Presbyterian University Hospital with his neck wrapped in bandages.

Two people were taken into custody by police after the incident, ABC7 added.

One man was ar-

rested in connection to the incident, and a woman was taken by officials on suspicion of obstruction after the attack, police told the Daily News, adding that she was not involved with the slashing.

Detectives told ABC7 they will interview the victim to uncover a motive for the slashing.

JASON NUCKOLS

Cops: Bronx woman kills boyfriend over cellphone password

A woman was arrested after a disagreement about a cellphone password resulted in a stabbing that left one man dead.

Police took Laura Montanez, 21, into custody around 6:30 p.m. on Sunday after authorities were called to 311 E. 188th St. in the Bronx after receiving reports of a stabbing, according to Pix11.

Investigators said that Montanez fatally stabbed Kedwin Valerio, 25, in her Fordham Heights apartment after the two began arguing over the password to her cellphone, the New York Daily News added. Violence began when she refused to give up the password, police said.

Valerio was found by



The incident happened at 311 E. 188th St. in the Bronx. GOOGLE MAPS

police at the location with a stab wound to his chest, Pix11 added. He was taken to St. Barnabas Hospital, where he was pronounced dead.

“The girlfriend and boyfriend were always fighting, every day,” neighbor Betty Perez

was quoted by the Daily News in a separate report.

At the scene, police arrested Montanez, who has been charged with murder, manslaughter and weapon possession, the Daily News added.

JASON NUCKOLS

Painful Varicose Veins & Swollen Legs?



Varicose veins are more than a cosmetic problem. They may lead to complications such as Deep Vein Thrombosis (DVT) and Pulmonary Embolism (PE), both of which claim up to 300,000 lives a year in the United States.

DO YOU SUFFER FROM

- | | |
|--|---|
| <input checked="" type="checkbox"/> Varicose Veins | <input checked="" type="checkbox"/> Skin Discoloration |
| <input checked="" type="checkbox"/> Spider Veins | <input checked="" type="checkbox"/> Ulcers and Blood Clots |
| <input checked="" type="checkbox"/> Itching and Burning | <input checked="" type="checkbox"/> Difficulty Walking Long Distances |
| <input checked="" type="checkbox"/> Leg Pain and Cramps | |
| <input checked="" type="checkbox"/> Heaviness and Swelling | |

You may have a condition called venous insufficiency, which left untreated can lead to serious health complications. Our non-surgical, minimally invasive and painless endovenous procedure only takes 15 minutes.



Have you had prior vein treatment and are not satisfied with the results? USA Vein Clinics can help!

When it comes to your health, trust your legs only to the top vascular specialists at USA Vein Clinics.

Medicare and most insurances accepted! Call us today to schedule your appointment

(917) 717-5135

www.USAVeinClinics.com



New York

1153 First Ave • Manhattan, NY 10065

NEW 122 Fulton St, 5th Floor, New York, NY

2511 Ocean Ave, Ste 102 • Brooklyn, NY 11229

2444 86th St, Ste A • Bensonhurst, NY 11214

116-02 Queens Blvd • Forest Hills, NY 11375

1975 Hylan Blvd • Staten Island, NY 10306

NEW 260 W Sunrise Hwy, Ste 102

Valley Stream, NY 11581

NEW 59-20 Myrtle Ave. Ridgewood, NY 11385

NEW 30-33 Steinway Astoria, NY 11103

NEW 4159 Broadway • Washington Heights, NY 10040

NEW 39-07 Bell Blvd • Bayside, NY 11361

NEW 5221 Broadway Bronx, NY 10463

New Jersey

766 Shrewsbury Ave, Ste 300 • Tinton Falls, NJ 07724

NEW 81 Route 37 West Tom River, NJ 08755

COMING SOON 1600 Perrineville Road Monroe, NJ 08831

Woman's throat cut while breaking free from attempted rapist in Bushwick



Surveillance photos of the suspect NYPD

The suspect allegedly placed a sharp object to the victim's neck and told her to bend over.

ANGY ALTAMIRANO
@aaltramirano28
angy.altamirano@metro.us

Police have released surveillance video of a man they say cut a woman's throat over the weekend as he tried to rape her on a Bushwick street.

On June 19 at about 5 a.m., the suspect approached the 25-year-old victim from behind near Wyckoff Avenue and Starr Street, according to authorities.

The man then placed a sharp object to the woman's throat and told her to bend over, police said. The victim screamed for help and after briefly struggling with the suspect, she managed to break away.

However, during her struggle, the victim was cut on her neck with the sharp object, according to cops. After breaking free, the woman ran to a nearby store and sought shelter.

The victim suffered a 4-inch cut on her neck and was taken to Wyckoff Hospital in stable condition.

Authorities describe the suspect as a Hispanic man between 20 and 30 years old, 5 feet 6 inches to 5 feet 9 inches tall,

Got info?

Anyone with information in regards to this incident is asked to call the NYPD's Crime Stoppers Hotline at 1-800-577-TIPS (8477) or for Spanish, 1-888-57-PISTA (74782).

The public can also submit their tips by logging onto the Crime Stoppers website or by texting their tips to 274637 (CRIMES) then enter TIP577.

and 170 to 190 pounds. He was last seen wearing a black and red baseball cap, a black long sleeve shirt and dark colored pants.

BAD SHOT

Police: Job seeker chucks shot glass at bar manager
A man in search of a job reportedly hurled a shot glass at a Mexican restaurant manager who told the applicant he wasn't hiring.

The man is said to have used a homophobic slur before throwing the small glass at El Centro at 824 Ninth Ave.

"Are you afraid someone is going to come in and kill the f---?" the assailant allegedly yelled at the 34-year-old manager on June 12.

The incident happened hours after a gunman opened



El Centro bar GOOGLE MAPS

fire inside a gay nightclub in Orlando, Florida, killing 49 people and injuring more than 50 others. It was the worst mass shooting in modern U.S. history.

A manager told DNAInfo that the restaurant had never

experienced an incident like that in the past. "We're a very gay friendly restaurant [and] neighborhood," he said. No one was injured by the shot glass, according to police.

MORGAN ROUSSEAU

TRANSFORMING RESPIRATORY CARE BREATHE EASIER, NEW YORK

National Jewish Health, the nation's leading respiratory hospital, and the Icahn School of Medicine at Mount Sinai, a top-ranked academic medical center, have come together to form the Mount Sinai – National Jewish Health Respiratory Institute. Discover a superior level of personalized care at the top center in New York focusing solely on respiratory care.

MOUNT SINAI - NATIONAL JEWISH HEALTH
Respiratory Institute



► Make an appointment.
Visit therespiratoryinstitute.org or call 800-563-3498.

SPRING SPECIAL



\$595*
Implant

*Must be completed at our office to qualify for promotional fees

Complete tooth replacement
with post and crown

\$1295*

**OFFER
EXPIRES**
6/24/2016

*All work must be completed at Right Choice Dental Implant Center to qualify for promotional fee of \$1295 for Complete Tooth Replacement. Limit 3 implants per patient. Full payment due upon commencement of treatment.

Right Choice Dental Implant Center

Invisalign® Special Complete Case
Only \$3999

Manhattan Location
50 Broadway Suite 2001
New York, NY 10004

**2 Convenient
Locations**

*Speak with your
Smile Today!*

Long Island Location
601 Franklin Ave Suite 100
Garden City, NY 11530

FREE CONSULTATION
REPLACE MISSING TEETH PERMANENTLY

*Must bring this ad
on your first visit.*

646-791-8075

www.Rightchoicedentalimplantcenter.com

CALL

Se Habla Español

Mention you saw us in Metro Newspaper

TODAY!

Supreme Court rejects challenge to NY, Conn. assault weapon bans

The laws in New York and Connecticut were enacted after the Sandy Hook shootings.

The Supreme Court on Monday left in place gun control laws in New York and Connecticut that ban assault weapons like the one used in last week's massacre at an Orlando nightclub, rejecting a challenge brought by gun rights advocates.

The court's action underlined its reluctance to insert itself into the simmering national debate

on gun control. The justices have not made a major gun rights ruling since 2010.

The justices declined to hear an appeal of an October ruling by the New

York-based 2nd U.S. Circuit Court of Appeals that upheld laws prohibiting semiautomatic weapons and large capacity magazines in the two northeast states.

The laws in New York and Connecticut, among the strictest in the nation, were enacted after a gunman with a semiautomatic rifle killed 20 young children and six educators in 2012 at Sandy Hook Elementary School in Newtown, Connecticut.

The challengers had asserted that the laws violated the Constitution's Second Amendment protection of the right to bear arms. The court denied the appeal with no comment or recorded vote.

The gunman in the June 12 attack at an Orlando gay night club that killed 49 people, the deadliest mass shooting in modern U.S. history, used a semiautomatic rifle that would have been banned in New York and Connecticut.

The Supreme Court issued important rulings in gun cases in 2008 and 2010 but has not taken up a major one since.

In December, the court declined to hear a challenge to a Illinois town's assault weapons ban. But the justices in March threw out a Massachusetts court ruling that stun guns are not covered by the Second Amendment and sent the case back to the state's top court for further proceedings.

In the 2008 District of Columbia v. Heller case, the court held for the

U.S. gun laws

In total, seven states and the District of Columbia ban semiautomatic rifles.

A national law barring assault weapons expired in 2004, and congressional Republicans and some Democrats, backed by the influential National Rifle Association gun rights lobby, beat back efforts to restore it.

The United States has among the most permissive gun policies in the world. Because the Congress has been a graveyard for gun control legislation, some states and localities have enacted their own measures.

first time that the Second Amendment guaranteed an individual's right to bear arms, but the ruling applied only to firearms kept in the home for self-defense. That ruling did not involve a state law and applied only to federal regulations. Two years later, in the case McDonald v. City of Chicago, the court held that the Heller ruling covered individual gun rights in states.

The court lost one of its strongest pro-gun rights members in February when conservative Justice Antonin Scalia died.

The expired federal assault gun ban had barred the manufacture and sale of semiautomatic guns with military-style features as well as magazines holding more than 10 rounds of ammunition.

REUTERS



A gun store GETTY IMAGES

- Varicose Veins
- Leg Ulcers
- Spider Veins
- Pain/Burning
- Restlessness
- Heaviness
- Swelling
- Itching
- Fatigue
- Cramping

Frustrated with previous treatments, services and poor results?

Trust the doctor that cares about you!



- Personal & discrete care delivered directly Ronald Lev, MD
- Certified by the American Board of Venous and Lymphatic Medicine and the American Board of Anesthesiology
- No downtime
- 15 minute minimally invasive procedures
- Consistently ranked #1 Vein Doctor in NYC by our patients

Tired of long diets, juice cleanses & lotions?

Smart Lipo Laser Body Contouring

GET RID OF...

- Body Fat
- Sagging Arms
- Double Chin
- Cellulite & more

ADVANCED VARICOSE VEIN
TREATMENTS OF MANHATTAN

TreatmentsOfManhattan.com
DRLEV@TREATMENTSOFMANHATTAN.COM

111 John St, Ste 1450 (bet Cliff & Pearl St), New York, NY 10038

Most Vein Treatments Covered by Major Health Insurances including Medicare

EVENING APPOINTMENTS AVAILABLE!
Hablamos Espanol

212.204.6501



Cars drive on the 210 freeway in Pasadena, California, as smoke rises in the San Gabriel Mountains northeast of Los Angeles in the Angeles National Forest. GETTY IMAGES

Firefighters hold 'sleeping giant' wildfire in check

The more than 1,900 firefighters battling the Sherpa Fire were laboring under scorching heat that has led the National Weather Service to issue an excessive heat warning for California, Nevada and Arizona.

A stubborn wildfire stoked by triple-digit temperatures blazed for a sixth day outside Santa Barbara in coastal Southern California on Monday as crews worked to keep the blaze some have called a "sleeping giant" in check, officials said.

So far, the so-called Sherpa Fire burning in chaparral and tall grass about 20 miles northwest of Santa Barbara has led to the evacuation of hundreds of residents from ranches and campgrounds in the hilly area. Authorities have considered allowing at least

some of those people to return to their homes as they assess a blaze that overnight held at less than 8,000 acres, said Jim Schwarber, a spokesman for the multi-agency team combating the blaze.

The fire, which broke out last Wednesday in the Los Padres National Forest and is 54 percent contained, has been called a "sleeping giant" due to the triple-digit temperatures and bone-dry brush in the area, which has not burned in decades, he said.

"We're working hard to keep that giant contained so it doesn't wake up," Schwarber said.

So far, the blaze has destroyed only one building — a water-treatment center at a campground, he said.

But it has threatened more than 200 structures and forced officials to close the 101 Freeway near the coast of the Pacific Ocean periodically as it has advanced to within less than a mile of the shore.

"Red flag warnings"

for extreme fire conditions were in effect for mountains around Los Angeles on Monday, said National Weather Service meteorologist Matt Solum.

About 200 miles to the south of the Sherpa Fire, firefighters were battling a smaller blaze that started on Sunday in San Diego County near the border with Mexico.

The wildfire just north of Tecate, Mexico, had charred more than 1,900 acres (769 hectares) and was only 5 percent contained on Monday, according to the website of the California Department of Forestry and Fire Protection.

Two states away, the so-called Dog Head Fire in a largely unpopulated area of central New Mexico was at more than 17,000 acres with 9 percent containment on Monday, after the blaze destroyed 24 homes soon after breaking out last week, according to the tracking website InciWeb.gov.

REUTERS

Great Rate and a Bonus on Each 1-Year Anniversary -- with Your Choice of Passbook or Statement Savings!

BONUS Savings Account

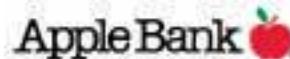
0.75%
APY*

\$25,000 minimum to earn stated rate

PLUS

BONUS**
0.25%
On each 1-year anniversary of account opening

Visit one of our conveniently located branches today!



Established 1863 · Member FDIC

www.applebank.com • 914-902-2775

*For the Apple Bank BONUS Savings account, interest earned on daily balances of \$2,500 or more at these tiers: \$2,500-\$24,999: .10% Annual Percentage Yield (APY), \$25,000 and up: .75% APY. There is no interest paid on balances of \$0-\$2,499. APYs disclosed effective as of May 17, 2016. APYs may be changed at any time at the Bank's discretion. There is a minimum of \$2,500 required to open the Apple Bank BONUS Savings account. \$2,500 minimum daily balance is required to avoid \$10 monthly maintenance fee. Fees may reduce earnings. Funds used to open this account cannot be from an existing Apple Bank account. Maximum deposit amount is \$3,000,000 per household. **Special bonus feature: A .25% simple interest rate bonus will be paid on each anniversary date of account opening on the lowest balance for that year (anniversary date to anniversary date). No bonus is paid if the account balance is less than \$2,500 on the anniversary date. Additional deposits during a given anniversary period do not affect the bonus interest payment. Deposits made to the account on any anniversary date will be used to calculate the lowest account balance for the next anniversary period. The bonus interest is calculated on the lowest balance on deposit from one anniversary date to the next anniversary date. Simple interest rate bonus is subject to change at any time after first anniversary date of account opening. Hypothetical example of how bonus works: Assume an account is opened on January 12, 2016 for \$50,000. A \$10,000 withdrawal is made on July 12, 2016. No other withdrawals are made prior to the January 12, 2017 anniversary date. The low balance is now \$40,000, so \$100 in bonus interest will be paid on January 12, 2017.

MANHATTAN BEST DENTAL CARE

SUMMER SPECIALS

Thanks To The High Volume
Of Satisfied Patients We Could
Reduce Our Prices Again!

A beautiful and
healthy smile has never
been more affordable

UP TO 50% OFF

10 We Are Giving You Reasons To Smile:

Oral Exam, Consultation.....	Free	
Oral Cancer Screening.....	Free	
X-Ray With Teeth Cleaning.....	\$175	\$300
Implant With Porcelain Crown.....	\$1499	\$3000
Invisalign Clear Braces	\$4999	\$7000
Zirconia Porcelain Crown	\$700	\$1400
Zoom Teeth Whitening	\$399	\$599
Overdentures With Implants.....	\$4490	\$7500
Porcelain Veneer.....	\$700	\$1400
Root Canal	\$700	\$1400

Interest Free
Payment Plans
From \$0 Down



1623 3rd Ave.
New York, NY 10128

Call for Free Consultation: (212) 722-4088
www.manhattanbestdentalcare.com

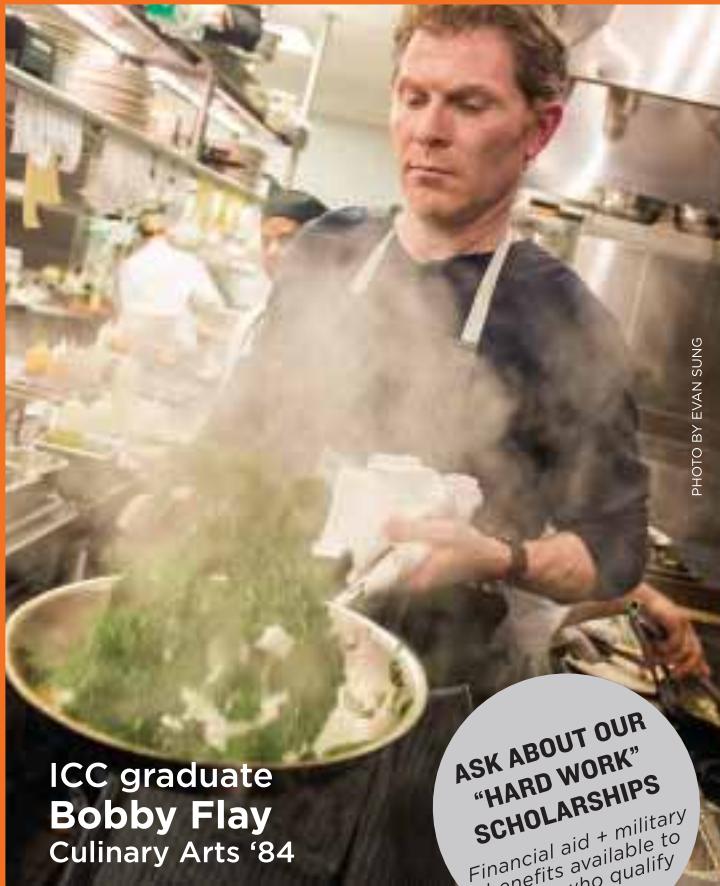


PHOTO BY EVAN SUNG

**ICC graduate
Bobby Flay
Culinary Arts '84**

**ASK ABOUT OUR
“HARD WORK”
SCHOLARSHIPS**
Financial aid + military
benefits available to
those who qualify

HARD WORK TASTES GOOD

NEW YORK CITY'S
PREMIER CULINARY SCHOOL

Call **888-324-2433** for a tour,
or RSVP to an open house at
CulinaryCenter.com/OpenHouse

NEXT OPEN HOUSES

Thursday, June 30 (6PM-8PM)

Saturday, July 9 (11AM-1PM)



**INTERNATIONAL
CULINARY CENTER**

462 Broadway, Soho, New York City

CULINARY • PASTRY • BREAD • CAKE • WINE

Full Orlando 911 transcript released; gunman pledged allegiance to Islamic State



People visit a memorial down the road from the Pulse nightclub. GETTY IMAGES

The U.S. Justice Department and the FBI on Monday released what they said was the complete transcript of the phone conversation between the Orlando, Florida, shooter and 911 police operators as he threatened to strap explosives to his hostages.

The release of the full transcript came a few hours after the FBI had issued an edited transcript of the calls.

In the full transcript, the gunman, Omar Mateen, is quoted pledging allegiance to Islamic State leader Abu Bakr al-Baghdadi.

Mateen, 29, killed 49 people at a gay nightclub in Florida on June 12, in the deadliest mass shooting in modern U.S. history. He threatened to detonate a car rigged with bombs and to strap hostages into explosive

vests, according to transcripts of the 911 calls he made while police tried to rescue people trapped in the club.

The FBI and Justice Department said they had released a redacted transcript of the conversations because of sensitivity to the interests of survivors and victims' families, and the integrity of the investigation.

But the first transcript led U.S. House of Representative Speaker Paul Ryan and other politicians to call for the release of a full transcript

after a political battle over gun violence brewed in the U.S. Congress.

Mateen's conversations with a dispatcher and crisis negotiators were made public as police sought to fend off criticism that they may have acted too slowly to end a three-hour standoff at the Pulse nightclub in Orlando.

"You people are gonna get it and I'm gonna ignite it if they try to do anything stupid," Mateen said during one of the calls, according to the FBI transcript. REUTERS

DOES IT FEEL LIKE YOU JUST CAN'T **FOCUS?**

- Do you get distracted easily?
- Have difficulty paying attention?
- Feel overly forgetful or disorganized?

If you experience these symptoms, you may be suffering from ADHD, or Attention Deficit Hyperactivity Disorder. If you are between 18 and 55 years of age, you may be eligible for our study of a medical food for ADHD symptoms. Please call for more information or a confidential, free screening.

(212) 695-5012

The Medical Research Network, LLC

134 E. 93rd Street, New York, NY • www.MedicalResearchNetwork.com



**Immigrant Community
Law Center - ICLC**

LICENSED ATTORNEYS PROVIDE AFFORDABLE
LEGAL SERVICES TO ALL IMMIGRANTS

ImmigrantCommunityLaw.org

429 WEST 127TH STREET
BETWEEN WORCESTER & AMSTERDAM AVENUES
MARBLE, NY 10027

MONDAY TO FRIDAY - 9 AM TO 5 PM

212.222.3882

help@immigrantcommunitylaw.org
Attorney Advertising | S40 Construction Fee

ICLC is a project of
AFRICAN SERVICES
CONNECTION
a non-profit organization
serving immigrants since 1981

Facebook investors OK new share class to keep Zuckerberg at helm

Facebook shareholders approved a proposal to create a new class of non-voting shares, a move aimed at letting Chief Executive Officer Mark Zuckerberg give away his wealth without relinquishing control of the social media company he founded.

The company's plan to issue two "Class C" shares for each Class A and Class B share held by shareholders, in what is effectively a 3-for-1 stock split, was approved by Facebook shareholders at the company's annual general meeting on Monday.

Zuckerberg said in December that he intended to put 99 percent of his Facebook shares into a new philanthropy project focusing on human potential and



Mark Zuckerberg GETTY IMAGES

equality.

The creation of the Class C shares would allow Zuckerberg to sell the non-voting stock, but keep the voting Class A and Class B shares that would let him retain control of Facebook.

Zuckerberg plans on running Facebook "for a very long time," the 32-year-old CEO told shareholders at a Q&A session at the AGM.

Shareholders also approved the continued tenure of all the eight board members, including billionaire investor Peter Thiel, who were up for re-election.

Facebook announced the plan to create the new class of non-voting shares on April 27. The approval of the plan was virtually certain since Zuckerberg controls the company.

REUTERS

Advertisement
Healthy and beautiful hair

HAIR CARE IN A TABLET



Hair Volume™ is a best-selling Scandinavian supplement, designed to nourish your hair follicles with vital nutrients. Try Hair Volume today or check the rave reviews it is getting online.

- ✓ SUPPORTS HEALTHY HAIR
- ✓ CONTAINS APPLE EXTRACT WITH PROCYANIDIN B2
- ✓ CONTAINS BIOTIN AND MILLET
- ✓ IS EASY TO USE - JUST ONE TABLET A DAY
- ✓ HIGH SATISFACTION RANKING*



YOUR HAIR TABLET

Hair Volume™ is a Swedish best-selling supplement which contains apple extract with a naturally derived ingredient called procyanidin B2. One tablet a day is all you need as part of your daily beauty routine.

Now available at participating pharmacies, health retailers and online. For more info or to buy directly, please call 1-877-696-6734

SAVE
- \$5 OFF -
PROMO CODE:
MNYC2016
www.newnordicusa.com

Walgreens

CVS/pharmacy **GNC**
LIVE WELL.

ONLINE SHOP
newnordicusa.com

amazon.com

meijer

Lewis
Your First Stop

drugstore.com

theVitamin Shoppe

NARROW FACE VALUES

DUANEreade
Your City. Your Neighborhood.

At select:
BED BATH & BEYOND

QUALITY DENTURES AND DENTAL IMPLANTS THE SAME DAY



\$100 off each NEW denture!
Exp: 7/15/16

There is no Substitute for Experience or Personalized Dental Care!

www.heraldsquaredental.com

*\$495 OFF ONE DENTAL IMPLANT
Offer good through 7/15/16

- Full Service Cosmetic Dentistry
- Dental Implants
- Crown and Bridge
- Repairs and Relines While-U-Wait
- Senior Citizen Discounts



Leaders in Implant Dentistry! - Est. 1977

Free Consultation • Most Insurance Welcome

224 W 35th St. New York, NY 16th Fl., Btwn 7th & 8th Avenues

*Cannot be combined with other offers. One per patient - post and crown additional

*Source: www.amazon.com as of 1.1.2016. These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. Always read the label and follow the instructions prior to use.



Training Addiction and Recovery Professionals

"We'll Teach You How to Help Others"

ADDICTION COUNSELORS ARE IN HIGH DEMAND!!!

ACT NOW! Get the best CASAC training in the State at the BEST PRICE in the State. For a limited time our regularly priced \$4,000 tuition is \$3,000. SAVE \$1,000, but act now to get this Fantastic price.

Payment plans available. Start Class Immediately after 1st payment/deposit.

Most Veteran education benefits accepted.

Our 6-8 month NYS Certified (CASAC) Credentialed Alcoholism and Substance Abuse Counselor Training Program, has day, evening and weekend classes all at our convenient Midtown Manhattan or Long Island location.

Call us today at 646-669-7025 or 718-909-8034
or email williamperkins@actc.com
Website - www.Acttc.com

Man arrested at Trump rally said he wanted to shoot candidate

A man arrested over the weekend trying to wrestle a gun from a police officer at a Las Vegas rally by presumptive Republican presidential nominee Donald Trump told an investigator that he wanted to kill the candidate, court papers showed on Monday.

Michael Steven Sandford, 19, was arrested on Saturday at the Treasure Island hotel in Las Vegas after trying to disarm the officer, according to Las Vegas police, who said he had been handed over to the U.S. Secret Service.

According to court papers filed on Monday in federal court in Nevada, Sandford told



Republican presidential candidate Donald Trump speaks during a rally at the Treasure Island Hotel in Las Vegas on June 18, 2016 GETTY IMAGES

a Secret Service agent that he had driven to Las Vegas from California with the goal of shooting Trump.

He was charged with committing an act of violence on restricted ground and was due in federal court in Nevada on Monday afternoon, Natalie Collins, a spokeswoman for the U.S. Attorney's Office, said in an email.

It was not immediately clear if Sandford had an attorney.

Sandford had a British driver's license and claimed to have been

in the United States for a year and a half, the documents showed. They did not specify his nationality but said he had lived in Hoboken, New Jersey, after coming to the United States.

"Sandford claimed he had been attempting to kill Trump for about a year but decided to act on this occasion because he finally felt confident about trying it," according to court papers. REUTERS

Feet Hurt? Bunions? Hammertoes? Heel Pain?



Platelet Rich Plasma Therapy (PRP)

A new approach for treating Tendon Injuries for the Achilles, Tendonitis and Plantar Fasciitis (Heel and Arch Pain)

Take The Foot Health Checkup

- My toenails are streaked, discolored and thickened.
- The sides of my toenails dig into the skin and hurt.
- I have a large bump behind my big toe (or little toe) which is always red.
- I get an extremely painful "cramp" in the area of my third and fourth toes when wearing shoes.
- My toes aren't straight- they are all cocked-up, bent and hurt.
- I have painful calluses on the ball of my foot which keep building up.
- I have corns on my toes which get thick no matter what shoe size I wear.
- The bottom of my heel hurts all day, but it's worse when I step out of bed in the morning.
- I have cramps in my legs which always happen when I walk the same distance.
- My ankles are swollen most of the time.
- My feet are always dry and scaly - sometimes they itch.
- My feet just hurt all over when I stand or walk a lot.
- I have numbness, burning, infection, persistent pain, skin rash, or open sores.

If any of these apply to you...
Call today.

Patient is responsible for co-pays & deductibles
most insurance plans accepted complete family foot care laser surgery available

Relief For Chronic Heel Pain

Now Featuring *genesisplus™*

New FDA Laser Treatment For Nail Fungus, Scars & Warts

CUTERA



New Treatment For Heel Pain,
Shockwave, PRP
(platelet rich plasma) as seen
on the front page of *The New York Times*

The Most Advanced Techniques Used For Bunions & Hammertoe Correction

Downtown location

65 Broadway Suite 1103
Financial District
NYC, NY 10006
212-486-7333

Midtown location

121 E. 60th St. New York City, NY 212-486-7333	235 East 22nd Street (between 2nd and 3rd Ave) 1 212-486-7333
Paul Drucker DPM Jordan Drucker DPM	184 east 70th st 212-772-3500

Practical Nursing

LPN

Get started on your new career. Call Today!



(888) 505-2101 mildred-elley.edu

Become a

Paralegal

Classes Start Soon.
Call Today!



(888) 324-3822 mildred-elley.edu

Mildred Elley career college • 25 Broadway, Floor 16 | New York, NY • Accredited by ACCS, Approved by ACES-VR. Approved for VA Education Programs Such as GI Bill & MyCAA International Students Welcome • For program details and disclosures including Albany extension site programs visit mildred-elley.edu/disclosures

Is there a new Bling Ring?

Sometimes life imitates Sofia Coppola movies ... right? Recently there's been a spate of high-end Hollywood burglaries, which saw jewelry and large sums of cash swiped from the homes of the rich and famous, namely Kevin Hart, Chris Brown, Scott Disick and Blac Chyna. Now law enforcement officials are telling TMZ that the thefts might be connected — that it might be copycat burglars who themselves are stealing an idea from the original "Bling Ring," the group of youngs who nicked goods from Paris Hilton, Orlando Bloom, Lindsay Lohan and more back in 2008 and 2009. Their exploits were chronicled in Coppola's 2013

film, and maybe a new group of kids saw that and thought getting busted and milked for an art movie was a solid idea. Or maybe there is no new Bling Ring and this is all simply a coincidence. Either way, you should watch Sofia Coppola's underrated motion picture "The Bling Ring."

ALL PHOTOS
GETTY IMAGES



the word

Maxim criticized for Photoshopping Priyanka Chopra's armpits

Actress Priyanka Chopra looks flawless on Maxim India's June/July cover, but it seems as though the editors beg to differ.

When the cover image was released, the focus wasn't on the actress, named "The Hottest Woman in the World" by the lad mag, but on her silky smooth armpit, which, truth be told, looks totally unrealistic and almost doll-like.

The Photoshop move has us wondering,



what exactly was wrong with Chopra's armpit? Is this the expectation for the perfect armpit? How much Nair do we have to use for our armpits to look like that?

While Twitter users agree Chopra is abso-

lutely stunning, they were enraged with the magazine for "white-washing" the actress' pits.

Neither Chopra nor Maxim have addressed the allegations about the edited armpit.

Will Liam Payne be the next father in ID?



One Direction member Liam Payne is ready to start a family with girlfriend Cheryl Cole, according to reports.

The 22-year-old singer has been dating Cole for about eight months. And according to The Sun, he and the former "X Factor" judge are ready to take their relationship to the next level.

The U.K. tabloid has revealed that the two are reportedly trying for a baby, which would

make Payne the second member of One Direction to become a parent — earlier this year, Louis Tomlinson's ex-girlfriend Briana Jungwirth gave birth to a baby boy named Freddie.

We know we're jumping the gun, but we're hoping that fellow boy band members Harry Styles and Niall Horan join in on the baby bonanza soon, because nothing would be cuter than a 1D group playdate.

Zoe Saldana fires back at 'Nina' critics

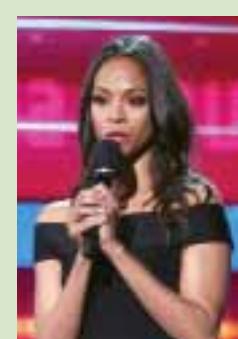
Zoe Saldana, who portrayed Nina Simone in the recent biopic "Nina," has fired back over criticism about her casting as the late singer.

"There's no one way to be black," she says in an interview in Allure. "I'm black the way I know how to be ... I'm raising black men. Don't

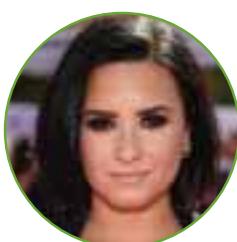
you ever think you can look at me and address me with such disdain."

Controversy over her casting began after it was announced in 2012. In the film, the light-skinned Saldana wears dark makeup and face-altering prosthetics, which many fans see as a kind of blackface.

Saldana also condemns critics who deemed her "too pretty" to play Simone, noting, "I never saw her as unattractive. Nina looks like half my family! But if you think the [prosthetic] nose was unattractive, then maybe you need to ask yourself, What do you consider beautiful?" Snap.



@michelleisawolf
Someone tell these athletes to work on their cry face.



@ddlovato
Holy shit banana tic tacs?!? So good



@OfficialKat
A good way to lose weight fast is to replace your water with apple juice



@SethMacFarlane
Does anybody even say "friggin'" outside network TV?

EXPERT ADVICE **CRUISE.COM** **LOWEST PRICE**

up to \$1050 Onboard Credit, Free Pre-Paid Gratuities, Free Upgrades & More!

Carnival 5-Day U.S./Canada \$289* Ocean View "339" Parks "464" Open P. 2016	Holland America Line 7-Day Alaska \$399* Ocean View "499" "1599" 2013 Online Agency of the Year	PRINCESS CRUISES 7-Day Mediterranean \$544* Crown甲等 "569" Parks "889" Open Voyage "629" Stateroom "649"	NCL NORWEGIAN CRUISE LINE 7-Day Caribbean \$609* Ocean View "629" Parks "649" Open Voyage "649"	NCL NORWEGIAN CRUISE LINE 10-Day Caribbean \$699* Ocean View "999" Parks "1249" 2013	Celebrity X Cruises 11-Day Mediterranean \$899* Ocean View "1299" Parks "1599" 2013
---	--	--	--	---	--

800-395-6851 cruise.com Agency of the Year

*Prices are per person. Cruise only on select sailings. Certain restrictions apply. Gov't taxes, and fees are additional. Prices include NCF's. Prices are quoted in US dollars. All itineraries and prices are current at time of printing and are subject to change without notice. All exclusive rates are per cabin on select sailings. ©2013 CCL. CCL

Hamilton and Jefferson debate!



If you still think the Financial District is just the stock exchange and jockeying for bar space with bankers, then it's time to give Lower Manhattan another look.

Your best chance to see what else the area has to offer is coming Tuesday, June 21, when the annual Night at the Museums means free admission to 16 area museums and historic landmarks from 4 p.m.-8 p.m.

Given the political climate around the world, it's a good time to reflect on the dangerous consequences of radicalism at the Museum of Jewish Heritage, which honors the 6 million Jews who died in the Holocaust. For those looking to learn more about the neighborhood, the South Street Seaport Museum just reopened with an exhibit on mid-18th century New York and how the port helped shape the city.

While you can simply walk into most of the museums, some, such as the National September 11 Memorial Museum, require reservations.

Many of the institutions will also have special tours and events during the evening — we've found five you can't miss.

Alexander Hamilton comes downtown

Because tickets to "Hamilton" were impossible to get even before it won 11 Tony Awards, find the next best thing at the National Archives



It's not the show "Hamilton," but you can watch a reenactor go at it with Thomas Jefferson at the National Archive. GETTY IMAGES

of New York, where you can watch Alexander Hamilton and Thomas Jefferson debate the founding principles of our nation at 5:30 and 7 p.m. Meanwhile, down at Hamilton's favored pub, Fraunces Tavern Museum, browse its eight galleries of Revolutionary War-era history while listening to colonial music by balladeer Linda Russell and watching period dancing by the Tricorne Dance Ensemble. 1 Bowling Green; 54 Pearl St.



National September 11 Memorial outside the museum. GETTY IMAGES

Get to know old and new Chinese traditions

The China Institute just moved downtown in September 2015 after almost 90 years on the Upper East Side, ready to impress visitors with its new space. Chinese culture comes alive with the Stephanie Chou Trio playing their mix of jazz-tinged classical and Chinese music, calligraphy demonstrations, treats from Chinatown Ice Cream Factory and the

opening of its inaugural exhibit, "Art in a Time of Chaos." 100 Washington St.

Music in the streets

While strolling between museums, you'll likely hear a lot more music than usual. Make Music



Learn about the Empire State Building at the Skyscraper Museum. GETTY IMAGES

New York, now in its 10th year, brings bands and soloists playing every kind of instrument — and some things you didn't even know could make music — to 1,200 spots all over the city. This year,



Make Music
GETTY IMAGES

REGAIN YOUR CONFIDENCE AT LEXINGTON PLASTIC SURGEONS

YOUTHFUL Look LASTING Results



- Upper/Lower Eyelid Surgery
- Facelift
- Necklift
- Browlift
- Rhinoplasty
- Hair Transplant
- Hairline Lowering
- Eyebrow Transplant
- Facial Hair Transplant
- Follicular Unit Extractions

Visit Dr. Kevin Ende, MD



OVER 3,000
procedures performed

WWW.LEXINGTONPLASTICSURGEONS.COM | (855) 658-4026





TODAY: Over 1,000 free
concerts in parks and
streets citywide!

See them all at makemusicny.org



Yo-Yo Ma wants to build bridges, not walls

With the doc "The Music of Strangers," the legendary cellist wants to send good vibes.



MATT PRIGGE
@mattprigge
matt.prigge@metro.us

"I can be really nasty," Yo-Yo Ma confesses with a laugh. This is not what one would expect. He's one of the world's most renowned cellists — a child prodigy who, at 60, has long been enshrined as a legend. He has 18 Grammys to his name. But like most serious musicians, he's far from severe.

H i s
w a r m . a n d
a m u s e d
d e m e a n o r
d o e s n ' t
c h a n g e e v e n
w h e n w e t a l k
a b o u t



GETTY
IMAGES

something serious. Ma is here with "20 Feet From Stardom" filmmaker Morgan Neville to talk about "The Music of Strangers," a documentary about the Silk Road Ensemble, the outfit he helped form in 1998 comprising musicians from all over the world.

For both Ma and Neville, the Silk Road Ensemble and the film about them were born out of a need to not just grow as artists, but use their art to change the world.

"How can I use film to make things better? How useful is my work? These are all issues I think about as a filmmaker," Neville says. "He and I were asking similar questions of ourselves."

One answer to their questions: Just as the film shows people from all over the world collaborating, it could inspire others to see past superficial differences, particularly at a time when bigotry and isolationism are being preached by a certain presidential candidate.

"Given the present environment, I think we're finding that, in fact, people can col-

laborate together if they share values — if they have respect for one another, for what the other person does, and the willingness to be generous," Ma says.

"One thing I've thought about as we started to screen the film is how much the work Yo-Yo does is about empathy," Neville says. "He's tried to use music to make friends, not strangers, out of people. These foreign cultures that get demonized in our media, he's tried to make them human. That's exactly what we do in documentary film — the experience of showing

a life that seems totally different but in which you recognize a piece of yourselves in them. Film and music are very much about empathy."

In a way, Ma understands some people's reluctance to cross-cultural gaps.

"We're living in a world that we all acknowledge is changing so quickly, and very few people can keep up with that pace of change," says Ma. He points to how even something like Uber can be scary: It creates new paradigms or dramatically alters, if not reinvents, industries. "It's about change

and disruption — which is good up to a certain point. But then how do people deal with change?

"For some people change makes them very fearful. One reaction to fear is to protect yourself. You form smaller communities, you build walls, you create some kind of distance between you and the other. That actually goes contrary to human nature. The other part of human nature is to open up, to be hospitable. One of the things we were trying to do together was to show that the antidote to fear is generosity. I don't mean to be saccharine,

but the opposite of love."

The mission of the Silk Road Ensemble doesn't end with the movie.

"We're building bridges, not walls. It's that simple," Ma says. "We can bring back walls, but then we're going to go back to medieval culture, when we have lots of forts and lots of moats — all firewalls, virtual ones or actual ones. But if we choose to be open and communicative, we'll actually have access to everyone's strengths. That will make for the strongest communities in the world."



Yo-Yo Ma and the Silk Road Ensemble are the focus of Morgan Neville's doc "The Music of Strangers," in theaters now. The outfit's new record, "Sing Me Home," is available from Sony Masterworks. THE ORCHARD

MEDSPA⁴⁴

Make Yourself Beautiful for the Summer!

SKIN CARE TREATMENTS & COSMETIC LASER SERVICES

FREE CONSULTATION

Fraxel • Ultherapy • Cool Sculpting
Laser Hair Removal • Smartlipo
Cellulaze • Precision TX – Neck Lift
Botox, Juvederm, Voluma

Medspa 44

144 E 44th St, Ste 205
NY, NY 10017 (3rd - Lex)
212-308-4990
info@medspa44.com
www.medspa44.com

Manhattan Center For Plastic Surgery

Reshape your body & improve your Social Life

Brazilian Butt Lift, Breast Augmentation & All other Cosmetic Procedures!

Call For a Free Consultation

212.308.4990
144 E. 44th ST. 2nd Floor
New York, NY 10017
www.MedSpa44.com

Ed O'Neill: It's cool to cry at 'Finding Dory'

Ed O'Neill thinks of himself as a hired hand. On "Modern Family," as on "Married with Children," he likes to stick to the script, do his job and go home. So he's perfect for animation, a job that requires laying down a vocal track and then letting the animators do the rest. "Finding Dory" isn't his first animated film; he did a bit part in "Wreck-It Ralph." But it is his first major role. He plays Hank, a mimic octopus with seven tentacles who grouchily helps Ellen DeGeneres' absent-minded blue tang as she searches for her long-lost parents.



Even people who don't cry at movies get choked up at Pixar films. Do you?

I haven't watched that many Pixar films. But I got choked up on this one! I remember thinking, "Oh my God, I'm going to cry!" I think what they do is they earn it. They earn the sentimentality. That's what makes it work so well. Oftentimes the emotion and sentimentality is not earned. You get a little choked up, but you forget it 10 minutes later. On this movie, the opposite is true. It will stay with you.

Dumb question, but how do you get in the mind of an octopus?

Who the f— knows what an octopus thinks? Although they certainly do think. I Googled "mimic octopus" and saw something on YouTube. It's stunning. There are many different kinds of octopi. The mimic octopus — and listen, don't quote me on this — is among the

most amazing, because it shape-shifts, it color changes and it either seems to be thinking or is using some evolutionary tool. It adapts itself to so many different situations. If it's in an area where there's predators who are afraid of coral snakes, it will make itself look like a coral snake. That means it has to be aware of predators. If it's in an area where fish are afraid of lionfish, it becomes what looks like a lionfish. It's amazing. Google it!

Learning about things you might not otherwise is definitely one of the perks of being an actor. You're exactly right. I'll tell you my favorite part of being an actor: When you go on location, wherever it is, you experience that part of the world in a way you never would in another situation. When you vacation, you don't get a feel for a place the way you would as an actor. If you went to Austria for a series or a miniseries, on your downtime you're not going to travel far, but you're going to find out everything you can about that locale — which tourists don't generally do. When you're an actor on location for four, five or six weeks, you get to know that place pretty well. MATT PRIGGE

WE ARE OPEN JULY 4TH!
IT'S SUMMER..TIME TO RID UNWANTED FAT!

Zerona 6 for \$299 Loose 3-9 inches in just 2 weeks Zero pain Zero downtime Guaranteed	Cavi-liposuction 6 for \$399 Reduce cellulite Melt fat Non surgical Painless	\$20 WAX SPECIALS Brazilian, bikini, chest, back, arms, legs or buttocks, FULL BODY WAX \$59	\$50 SPA SPECIALS Oxygeno • Facial 45 min massage Slim body wrap or Laser hair removal (small area)
---	--	---	---

180 7th Ave. South, btwn W 11th Street & Perry Street
212-229-1389
FREE Consultations
We accept care credit. Open 7 days a week

spa Jolie
Laser, Slimming & Anti Aging Spa

RESTAURANT DAYS AT ROCKEFELLER CENTER®

Tuesday, June 21 to Thursday, June 23
11:30AM-3:00PM in the Plaza | #rockeats

FEATURING

Bar SixtyFive at Rainbow Room

Ben & Jerry's

Bill's Bar & Burger

Bouchon Bakery

Brasserie Ruhlmann

Del Frisco's Grille

Harry's Italian

Jacques Torres Chocolate

Lady M

Magnolia Bakery

Morrell Wine Bar & Café

Nanoosh

Potbelly Sandwich Shop

Pulse Restaurant

Rock Center Café

The Sea Grill

Tri Tip Grill

Rockefeller Plaza | Between 49th & 50th Street | rockefellercenter.com



SAHAJA YOGA
MEDITATION

On the occasion of International Day of Yoga 2016
Come and Experience Your Self-Realization

followed by live music concert

"You cannot know the meaning of your life until you are connected to the power that created you"
H. H. Shri Mataji Nirmala Devi, founder

Thursday
June 23

7:00 to 8:30 PM
New York Society for Ethical Culture
2 West 64th Street,
New York, NY-10025
By subway 1 to 66th St or A,B,C or D to Columbus Circle

Starting June 28

Follow up meditation sessions
Every Tuesday 6:30 to 7:30 PM
Consulate General of India
3 East 64th Street, NY, NY-10065
By subway N,Q,R to 60th St and 5th Ave

For info on free weekly classes visit
www.sahajayogannewyork.org

ALWAYS FREE

f Follow us on Facebook
facebook.com/sahajayogany



wellbeing

Another easy ingredient that goes well in these bowls is plant-based proteins. Bro recommends throwing in a scoop of protein powder, nut butters or greens. ALL PHOTOS LINDSEY BRO



Spoon away your stress levels

Building blocks: "I chose cacao for magnesium, it's a calming agent," explains Bro. "Mint cools you down and pistachios [are full of] minerals — they reduce blood pressure and provide heart healthy fats."

- 2 Sambazon Pure Superfruit or Sambazon Performance Protein Superfruit Packs
- ¼ - ⅓ cup coconut milk
- 1 tsp cacao
- a few sprigs mint
- ½ cup shelled pistachios
- 1 banana
- ½ cup frozen mixed berries

Toppings:

- gluten-free granola
- banana slices
- pistachios
- coconut shreds
- cacao nibs
- mint
- optional: raw honey

Cut your Sambazon Superfruit packs in half, break into blender. Add all other ingredients (except toppings), starting with a little liquid and adding more as needed. Blend thick. Stir to make sure everything's combined. Scoop into a bowl, top with gluten-free granola (or buckwheat), pistachios, fresh fruit and mint.

MAKE HEALTHY YOUR NEW HAPPY

3 Acai recipes for city living

Safer FDA-Approved Device Option for Obesity

Are you frustrated with the results of diet and exercise?

Do you always feel hungry, even after you have eaten a meal?

Unlike other weight loss procedures, this therapy works by blocking the hunger signals between the brain and stomach.

You do not have to restrict your diet or worry about what you can't eat or drink.

This first of its kind procedure:

- Does not alter or restrict your digestive anatomy
- Is clinically-proven and safe
- Is reversible
- Makes you feel fuller, longer
- Puts you in control of hunger

This device is for weight loss in adults with a BMI of 35-45 with a related health condition. This therapy is a surgical solution and carries some risk. Please talk to your doctor about the full benefits and risks.

TO LEARN MORE:
call **1-888-388-1649**
text "Control3" to **66746** or
visit **www.BlockHunger.com**

This superfood will even soothe your hangover.



TINA CHADHA
@TinaatMetro
tina.chadha@metro.us

These day's green juices are as common as grande macchiatos. But what's up with the whole smoothie-in-a-bowl trend?

Besides looking gorgeous in your Instagram feeds, acai bowls — a thick, purple concoction made with the superfood berry from the Amazon, and often topped with fruits, nuts and granola — boast tons of health benefits.

Another selling point: It's the perfect canvas for your noshing needs. Acai's versatile flavor allows you to add in just about any ingredient you like, says Bro.

"Because it has no

"Acai, which looks like a giant blueberry, is naturally sugar-free, has omega fats, which is great for your brain and nervous system — and it's really high in antioxidants, which are great at fighting free radicals," says Lindsey Bro, creative director at Sambazon, one of the largest producers of the Brazilian superfood.

sugar, it has the ability to go in a lot of different avenues of flavors," she says. "It can go toward mixed berries, [or] it can also taste like cacao. You can go savory or sweet or somewhere in between."

This doesn't mean you load up the bowl like you're at the topping bar of your favorite soft-serve joint, however.

"Try to avoid tons of processed toppings [like sugary granola]," Bro advises.

To help keep us on the right track, we asked the expert to create three recipes to target common urbanite woes.

Sumayah Jamal, M.D.- Ph.D.

CLINICAL ASSISTANT PROFESSOR OF DERMATOLOGY

NYU LANGONE MEDICAL CENTER

Laser Surgery, Cosmetic and Medical Dermatology



Laser treatments for:

- High speed hair removal-safe for all skin types.
- Razor bumps.
- Acne, depressed acne scarring, enlarged pores.
- Leg veins, facial veins, wrinkles.
- Sagging skin on face, neck and abdomen.
- Brown "age/liver" spots, red complexion, broken blood vessels.
- Keloids.

Microdermabrasion and chemical peels for:

- Acne, melasma, dark spots, uneven complexion.

BOTOX for:

- Frown lines, crow's feet, forehead lines, perspiration.

Radiesse and Juvederm for:

- Laugh lines, lip enhancement, facial volume loss.

By appointment only • (212) 229-0333
166 Fifth Ave. 2nd Flr btw. 21st and 22nd
Subways #6, N.R.W.F.V to 23rd St.,
www.Doctorjamal.com

Read what our many happy patients have to say!
www.kerisderm.com/testimonials

Call or make your appointment online at
www.zocdoc.com



ISOLAZ



Amp up your energy

Building blocks: "I used the Supergreens pack here because it doesn't have any added sugars, just servings of greens and vegetables," says Bro. "Yerba mate is a caffeine source derived from plants — it has a very sustained energy with no crash. And bacopa is an ayurvedic herb great for focus, brain health and the nervous system."

• 1 Sambazon Supergreens

Superfruit Pack
• 1 cup cold yerba mate
• ½ inch fresh ginger
• 1 tsp bacopa powder
• ½ avocado, pitted and scooped out
• 1/8-cup coconut shreds
• 1 banana
• ½ cup frozen mixed berries

Put everything in a blender, blitz for 45 seconds, pour into a cup and enjoy. Top with a few shreds of coconut for looks.



Nurse your hangover

Building blocks:

- Watermelon is superhydrating," says Bro.
- "And basil just tastes a bit like summer."
- ½ cup watermelon chunks
- coconut water ice cubes, as needed
- 1 Sambazon Original or Pure Superfruit Pack
- 2 basil leaves

Fill an ice cube tray with coconut water and freeze. Cut your Sambazon Superfruit pack in half; break into chunks in blender. Add watermelon pieces, coconut water ice cubes and basil. Blend until combined, adding more ice cubes as needed. Pour into a glass, add a straw and enjoy.

\$1 ZOOM! Laser Teeth Whitening

(w/Check-up and Cleaning*)

*covered by your PPO Dental Plan

DR. STEVE

Up to 12 Shades
Whiter in just 1 hour

Call (212) 537-6923

Open Weekends and Evenings



ZOOM!

30 East 40th St. #105
1 block from Grand Central Station
Ph (212) 537-6923 • www.Zoomfor1.com

Shoulder Arthritis Treatments Keeping Boomers Active Into Their 60's, 70's Even 80's?

If you suffer with painful shoulder arthritis – science may have finally found the answer you've been looking for.

Here is why: Researchers have discovered an natural gel like medicine that is like "joint oil." This all-natural gel is one of the naturally occurring lubricating substances in your shoulder joint that cushions and lubricates the joint which dries out over time due to wear-and-tear, age or injury. But when doctors precisely place this lubricating gel into your shoulder joint by using advanced digital imaging technology – it is like putting oil on a rusty door hinge. It lubricates the joint and can decrease pain and stiffness. For some, results can be dramatic and last for months. Years for some. Often times shoulder surgery can be avoided.

treatment that must be given by a trained health care professional.

Most Insurance Plans Cover These Treatments: Most Union Plans 1199 GHI Work Comp Aetna, Cigna United Health Care (in or out of network) Empire Plan Empire BC BS Medicare AARP United Health Care Oxford ... and others

And the great news is: There is a free report and information kit available that tells you everything you need to know about this treatment. It also tells you all about cutting-edge medical clinics right here in New York City that are offering this cutting-edge treatment with tremendous success.

To get your information kit or to schedule a No-Obligation Risk Free Shoulder Screening simply call 800-627-PAIN (7246).

DOWNTOWN NYC MEDICAL
65 BROADWAY, NYC
Med. Director: Gazelle Craig, D.O

CALL NOW & SAVE UP TO 84% ON YOUR NEXT PRESCRIPTION

Drug Name	Qty (pills)	Price*	Drug Name	Qty (pills)	Price*
Viagra 100mg	16	\$104.99	Pentasa 500mg	100	\$114.99
Viagra 50mg	16	\$84.99	Avodart 0.5mg	90	\$104.99
Cialis 20mg	16	\$104.99	Plavass 150mg	180	\$464.99
Cialis 5mg	90	\$134.99	Vagifem 10mcg	24	\$99.99
Levitra 20mg	30	\$114.99	Xarelto 20mg	84	\$449.99
Spiriva 1 Brcog	90	\$174.99	Asacol 800mg	300	\$234.99
Celebrex 200mg	90	\$109.99	Tricor 145mg	90	\$124.99
Advair 250/50mcg	180 ds	\$189.99	Colchicine 0.5mg	100	\$94.99
Zelis 10mg	100	\$114.99	Afilyf 5mg	100	\$144.99
Crestor 20mg	100	\$159.99	Singulair 10mg	84	\$33.99
Combivent 18/100mcg	600 ds	\$124.99	Plavix 75mg	90	\$26.99
Symbicort 160/4.5ug	360 ds	\$199.99	Premarin 0.625mg	84	\$79.99
Cymbalta 60mg	90	\$49.99	Prinzq 50mg	100	\$139.99
Namenda 10mg	84	\$104.99	Janumet 50/1000mg	112	\$239.99
Nexium 40mg	90	\$114.99	Protonix 40mg	84	\$29.99
Droxia 160mg	100	\$72.99	Symbicord 100mcg	90	\$44.99
Aggrenox 200/25mg	200	\$124.99	Onglyza 5mg	84	\$294.99
Entocort 3mg	100	\$114.99	Asipex 20mg	100	\$74.99
Propeda 1mg	100	\$69.99	All pricing in US dollars and subject to change without notice. *We accept Aetna, BlueCross, Cigna, Medicare, Personal Check or Money Order. **These prices are for the equivalent generic drug if available.		
Januvia 100mg	84	\$214.99			
Ventolin 90mcg	600 ds	\$64.99			

TotalCareMart.com
Savings made easy

1-800-267-2688

www.TotalCareMart.com

Mailing Address: ORDER PROCESSING CENTER, PO BOX 1215N.L.
WINNIPEG, MANITOBA, R3H 0Z4, CANADA

CODE AK50

GameHedge offers 'good game guarantee'

If there's a blowout, you can get some cash back.



MATT BURKE
@burke_metro
matthew.burke@metro.us

If you're a sports fan, you've probably been "Tyson-ed" more than a few times.

During Mike Tyson's heyday in the boxing ring, fans would dish out a pretty penny on Pay-per-view TV to see Iron Mike flex his muscle. But because Tyson was so good, routinely knocking out opponents in the first or second round, consumers often felt ripped off by dishing out big bucks for five minutes worth of action.

People who attend sporting events in person are also "Tyson-ed" from time-to-time as there's no guarantee that you're going to witness a good game despite the ungodly amount of money pro sports tickets cost in 2016.

A new secondary market ticket company called GameHedge, however, is looking to rewrite that narrative. The company last week announced that it will offer 50 percent refunds of their ticket prices if a consumer attends a game in which the home team is blown out. For



Bleacher tickets for tonight's Yankees vs. Rockies game at the Stadium are going for \$21 on StubHub and \$33 at GameHedge. GETTY IMAGES

instance, if you buy a Yankees ticket off of GameHedge for \$100 and the Yankees lose at Yankee Stadium by five or more runs, you'll get \$50 back.

"I'm a huge sports fan and I've been to many games," GameHedge founder Warren Friss told Metro. "I've had some amazing experiences but there are also times where you walk out of the game and you're just really disappointed that you spent

so much money on such a bad game. You're fighting traffic, paying for parking, paying for concessions and the team doesn't do anything for you. In other businesses — like, if you go to a five-star restaurant and you're dissatisfied, the restaurant will do something to make it right. That doesn't happen in sports."

Friss has done the math, and 1 in 8 MLB games qualifies for the guarantee.

So how do they make money?

Comparing ticket prices in regards to tonight's Yankees-Rockies game at the Stadium, a bleacher ticket in section 235 goes for \$21 on StubHub. On GameHedge a similar ticket is going for \$33. GameHedge tickets are slightly higher across the board, but they're banking on people going to them based on the blowout guarantee.

GameHedge plans to implement the same type of good game guarantee for other major sports as well. For example, if an NFL team loses at home by 14 points or more, the consumer will get the refund, Friss says.

Changing the landscape

It's a very interesting time period when it comes to live sporting event attendance and

the ticket industry. For instance, the NFL is so good on TV (the league again broke its own TV ratings records last season) that there is worry that fans will opt to stay home over going through the hassle and spending the money it takes to go to the live event. Sports-BusinessDaily reported in January that the NFL saw a small regular season attendance decline in the 2015 season and that there were just 12 teams in the league that played at 100 percent capacity in all of their home games. In response to this trend, the NFL has done things like installing its popular RedZone channel on TV monitors throughout their stadiums on game days. Time will tell if tweaks like that work.

Ticketmaster

Secondary sites like StubHub began popping up in part because of consumers' dissatisfaction with Ticketmaster, which had something close to a monopoly on the industry at the turn of the century. On Monday it was announced that around 50 million people are in line to receive vouchers for free tickets because of a class-action lawsuit over Ticketmaster's ticket fees.

The Future of Foot Surgery has arrived at Downtown Podiatry Services



Don't hide them... WE CAN HELP!
Specializing in Surgery and Aesthetics
of the Foot.

1-877-BUNION-1
1-877-286-4661

DOWNTOWN PODIATRY SERVICES

Cutting Edge Means Less Cutting
MINIMALLY INVASIVE
Bunion & Hammertoe Surgery
We have performed thousands of these procedures with state of the art technology

www.downtownpodiatry.com
www.nymidtownpodiatry.com
DOWNTOWN • 111 John Street, Suite 1450 • 212-791-5700
MIDTOWN • 315 Madison Ave., Suite. 513 • 212-867-2500
Howard Beach Podiatry PC • 159-05 92 St., Howard Beach • 718-845-0741



HAMMERTOE CORRECTION



MOST INSURANCE PLANS ACCEPTED
FREE CONSULTATION WITH THIS AD

COPA AMERICA: ARGENTINA WILL TEST USA

The United States is guaranteed two more games after making the Copa America Final Four.



RICH SLATE
@RichSlate
sports@metro.us

At least up until this point, U.S. men's soccer couldn't have asked for a better scenario over these last few weeks: After losing, 2-0, to Colombia in the opener, they have won three straight games to reach the 2016 Copa America semifinals on their home turf.

With that, they are guaranteed two more matches in this tournament against some of the best national teams in the world. Of course now comes the really difficult part as the U.S. takes on Argentina on Tuesday (9 p.m., Fox Sports 1) at Houston's NRG Stadium. The winner of that will take on the winner of Wednesday's (8 p.m., Fox Sports 1) other semifinal — Chile vs. Colombia — on Sunday in the Final with the losers meeting in the third-place game on Saturday.

Argentina looked the part of the No. 1 team as they dispatched Venezuela, 4-1, on Saturday at Gillette Stadium in Foxboro, Massachusetts. Iconic midfielder Lionel Messi started for the first time in this Copa America and responded with a goal and two assists as he

received the Man of the Match award afterwards. This is the fourth time in their last five tournaments (Copa America, World Cup) that Argentina has reached at least the semifinals. As their manager Gerardo Martino said, "We came here (to the United States) with one goal in mind: to win the 2016 Copa America."

Besides the crowd that should be firmly behind them in Texas (although Argentina's fans traveled well, with 59,183 mostly wearing their colors at Gillette), the other tangible advantage the Americans could have over the Argentines is rest. It's debatable if it will make much of a difference, but the U.S. beat Ecuador 2-1 Thursday so they have basically two more full days of rest and recovery. That is probably nullified by the fact that the U.S. will be down three starters against Argentina after midfielder Jermaine Jones picked up a red card with striker Bobby Wood and midfielder Alejandro Bedoya respectively receiving their second yellow cards of the tournament thus triggering an automatic one-game suspension.

Argentina owns the best offense in soccer as they have already racked up 14 goals in just four games.

Striker Clint Dempsey has scored a goal in each of the last three matches for the U.S., so he will no doubt be closely watched by Argentina wherever he goes on the field.



Can American striker Clint Dempsey stay red hot against Argentina? GETTY IMAGES

Are you living with PSORIASIS?



M3 Global Research is a market research company and we are offering **psoriasis patients paid online surveys**.

You will have the opportunity to **earn \$10 to \$150 per survey** completed if you qualify.



✉ PsoriasisCommunity@usa.m3.com

☎ 202-293-2288 x.252

✉ www.facebook.com/M3PsoriasisCommunity

M3 GLOBAL RESEARCH

Participate now! Go to
www.m3globalresearch.com/pso/14235

M3 is also **recruiting for surveys on several conditions**, including diabetes, cancer and cardiovascular diseases.

MEDICAL RESEARCH

To advertise, call Peter Blankenstein at 212-457-7751 or email peter.blankenstein@metro.us

Are DRUGS or ALCOHOL a problem for you?

Are you at least 18 years old?

You may qualify to participate in a CONFIDENTIAL research study!

If eligible, you will receive \$305 in gift cards for full participation in the study.

To learn more, call: **646-774-7931**

Substance Dependence Research Group
New York State Psychiatric Institute

LEGAL SERVICES

To advertise, call Thomas Franke at 212-457-7840 or email thomas.franke@metro.us

INJURED ? HERIDO ?

- ✓ Construction Accident
- ✓ Car Accident
- ✓ Slip and Fall Injury
- ✓ Medical Malpractice
- ✓ Nursing Home Abuse
- ✓ Defective Product Injury



Call Now: 212-393-9130
FREE CONSULTATION • NO WIN NO FEE
www.Fight4Injury.com
Feiner & Levy, P.C. Attorneys at Law
325 Broadway, Suite 401
NY, NY 10007
Attorney advertisement Espanol

**DIVORCE \$199
1-800-414-0333**

TheDivorceCenter.com
Spouse's Signature Not Needed
Don't Be Fooled By Imposters
Plus Court Fee - Without Children - With This Ad
EXPIRES 6/30/2016

**FIRED?
212-286-1425**

OWED
OVERTIME?

LAW OFFICE OF WILLIAM C. RAND
488 Madison Ave., Suite 1100, New York, N.Y. 10022

BANKRUPTCY 917-783-0906



\$835 Including Court Fees!!
"Convenient Evening Appts. In Manhattan"
Manhattan: 116 West 23rd St., 5th Fl.
Flushing: 136-17 39th Ave., 3rd Fl. Queens
Howard S. Warner, Attorney
Debt relief agency. We help people file for bankruptcy relief under the bankruptcy code.

BANKRUPTCY ATTORNEY

Bankruptcy Only • Specializing in Chapter 7 • Low Fee • One Fee for All
Installments • Personal Attention • Free Consultation

Jay Simon • 718.222.4619
32 Court Street, Suite 805, Brooklyn

Fresh Start with Heart

CAREER TRAINING



JOBs

We Train & Place!

Call: 718-263-0750

- PCT • HHA • CNA
- MED Billing/Coding
- M.A • Pharmacy Tech
- EKG/Phlebotomy Tech
- Fashion Designing
- Media
- Solar Tech
- SAP

us Vets
Call Now

STUDENTS VISAS @ LOW COST

On Queens Blvd Next to E/F Train Q10 Bus 8002 Kew Gardens Rd, Kew Gardens, NY

WWW.ACCESSQUEENS.COM

PEST CONTROL SCHOOL & SERVICES

6/9 DAYS/N.Y. STATE APPROVED, CERTIFICATION & RECERTIFICATION IN BED BUGS, TERMITES, STRUCTURAL, FOOD PROCESSING & LANDSCAPING

BEDBUG SPECIALISTS JOB ASSISTANCE/BUSINESS

1(800) 220-5494 or (718) 205-0557

pestcontrolschoolny.com | pestmanagementsciences@yahoo.com

Call or Text #917.653.0319

Are You HHA?
Upgrade to CNA/PCT

- Nurse Aide (CNA)
- EKG & Phlebotomy
- Patient Care Tech
- Physical Therapy Aide
- Pharmacy Technician
- Med. Billing & Coding
- Medical Assistant
- CPR (BLS)

Orsite State & National Exam
AM & PM Classes
Easy Weekly Payment Plan
Licensed by NYSEDAccess Careers
25 Elm Place, #201, Brooklyn, NY
866-487-5432

REAL ESTATE

Rooms for Rent

Furnished Rooms For Rent!
Cable/Internet Ready! Move In Today! All Utilities Inc.
Starting Just \$125/wk.
Call Us Now: (212) 368-2685

Manhattan & Bronx Rooms

Private rooms in apt. Fully equipped.
Start 150 wifi/cable included.
Move same day! • (212) 862-0030

100's Available, All Boroughs

Private Entry Bath Cooking
1 Person/2 Person \$125/wk/up room rentals
Studios \$900/up
212-697-3598metro CLASSIFIEDS
To place an ad call 866-900-9473
or visit us at www.metro.us

JOBS

General Help Wanted

SIGHTSEEING BUS TICKET AGENTS

Start today! Paid daily

Choose Hours up to 35% comm

2 East 42nd Street

212-664-0300

Bus Driver

Exp'd w/class A or
class B drivers lic.

Bfts. Paid training 212-664-0300

Jennifer or visit 2 E 42nd St NY
NY (off of 5th Avenue)

NYC Tour Guides Wanted

PT/FT will train for NYC lic

Open House 10AM every
Wednesday

2 East 42nd St NY NY

Call 212-664-0300

Education

FINANCIAL AID AVAILABLE
IF YOU QUALIFY

Diagnostic Medical Sonography • Medical Assistant (RMA)
 Pharmacy Tech (PTCB) • Dialysis Technician
 Nurse Assistant (CNA) • EKG & Phlebotomy Combo
 Patient Care Technician (CPCT)
 Medical Billing (CBCS) • Med Off Administration (CMAA)
 Pharmacy Technician (PTCB)
 CPR (By American Heart Association Valid 2yrs)
 Accredited Institute & Lic'd by NYS Ed.

NEW YORK MEDICAL CAREER TRAINING CENTER
 500 8th Ave. NY 10001
212.947.4444
 Close to Penn Station & Port Authority
WWW.NYMEDTRAINING.COM

IMPORTANT INFORMATION:
 All classified advertising is subject to the terms and conditions of the applicable Metro Classified rate card and to approval and acceptance at Metro U.S. option. Metro U.S. reserves the right to edit, reject, cancel or reclassify an ad, and reserves the right to convert any classified advertising to alternative formats for use and publication in other Metro U.S. publications. It is the advertiser's sole responsibility to check each ad the first day it is published. Metro U.S. assumes no responsibility for any reason, for any error or omission in any ad.

metro CLASSIFIEDS
To place an ad call 866-900-9473
or visit us at www.metro.us

LEGAL NOTICES

NOTICE OF FORMATION
 of Diversified Mavericks, LLC. Articles of Organization filed with the Secy. of State of New York (SSNY) on 04/21/2016. Office location: New York County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to the LLC c/o 23 Vermilyea Ave., Apt. 43, New York, NY 10034 Purpose: Real Estate.

NOTICE OF FORMATION
 of MSH ONE LLC. Articles of Organization filed with the Secy. of State of New York (SSNY) on 05/10/2016. Office location: New York County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to the LLC c/o 337 Old Tote Road, Mountainside, NJ 07092. Purpose: any lawful activity.

NOTICE IS HEREBY GIVEN
 that a license, Number 1294302, for Beer & Wine has been applied for by the undersigned to sell Beer & Wine at a Restaurant under the Alcoholic Beverage Control Law at 112-20 Queens Blvd., Forest Hills, NY 11375, for on-premises consumption. El Pollo Inka Peru II Inc.

NOTICE IS HEREBY GIVEN
 that a license, Serial # 1295368, for Beer & Wine has been applied for by the undersigned to sell Wine & Beer at retail under the Alcoholic Beverage Control Law at 36 E. 4th Street, New York, NY 10003. New York County, for on premise consumption. Morars LLC.

NOTICE IS HEREBY GIVEN
 that a license, Serial # 1295361, for Liquor, Wine & Beer has been applied for by the undersigned to sell Liquor, Wine & Beer at retail under the Alcoholic Beverage Control Law at 615 Hudson St., New York, NY 10014. New York County, for on premise consumption. FJF Hospitality Group Inc.

PSYCHICS

WORLD FAMOUS ASTROLOGER & SPIRITUALIST
PANDIT: KRISHNA NANDA

SOLUTIONS 100%

ARE YOU SUFFERING
FROM ANY PROBLEMS?

Marriage	Business
Spiritual	Money
Sexual	Family
House	Love
Husband & Wife	Enemy
Job or Work	Jealousy
Finance	Lottery

PROTECTS & BREAKS

BLACK MAGIC, EVIL SPIRITS, BAD CURSE

WOODS, OBEAH, BAD LUCK

JEALOUSY, BLODGE & ALL EVILS

929-920-6312

120-07 LIBERTY AVE.
RICHMOND HILL, NY 11419

PSYCHICS

ASTROLOGER & PSYCHIC
SPIRITUAL ADVISOR
GURU LAXMAN

FREE READING TUESDAY
ALL RELIGIONS WELCOME

FAST, PRESENT & FUTURE
READINGS. SOLUTIONS FOR:
HEALTH, RELATIONSHIP, LOVE,
MONEY, JOB, BUSINESS,
CHILDREN PROBLEMS etc.
REMOVAL OF BLACK MAGIC,
EVIL SPIRITS, VOODOO, OBEAH,
WITCHCRAFT, JEALOUSY/CURSE
BRINGING LOVED ONE'S BACK
QUICK RESULTS
929-312-9955

WORLD FAMOUS ASTROLOGER & SPIRITUALIST
PANDIT: RAMAN SHAstry

Are you disappointed meeting astrologers & not getting solutions then meet once...

Marriage	Business
Spiritual	Money
Sexual	Family
House	Love
Husband & Wife	Enemy
Job or Work	Jealousy
Finance	Worried about loved one

REMOVAL OF BLACK MAGIC
OBIYA, WOOD, EVIL SPIRITS

FREE READING
MONDAY & SATURDAY
347-341-2541
 163-02 Lefferts Blvd. & Richmond Hill
 NY 11419 (private house)

Shiva Kali Astrologer
Pandit: SHIVA RAM SWAMY
Indian Astrologer

Meet him once, See Difference Specialist in Removing Any type of Black Magic Vedic Solutions & Advices

Health	Family	Enemy
Work	Vodo	Sexual
Finance	Love	Lottery
Business	Court	Visa
Black	Reunite	All other
Magic	Lovers	Problem

1 FREE QUESTION
 100% GUARANTEED, PVT & CONFIDENTIAL

347-476-6641
 288 Utica Ave, Brooklyn NY
 Between Eastern Parkway & Union

metro CLASSIFIEDS

To place an ad call
 866-900-9473
 or visit us at
www.metro.us

PSYCHICS

**Mr. SAIDOU**

International Spiritualist Medium & Psychic Over 40 yrs exp. Bring back loved ones in the Quickest Way, Stop Infidelity, Business Success, Exams & Career, Black Magic Specialist, Clear Negativity, Bad Luck, Protection, Sexual Problems etc. Results in 7 Days Guaranteed.

**Call 516-206-8543 and
646-339-9948**

www.spiritualsaidou.com

Spiritual Healer and Psychic

Mr SHAMAN

Are you suffering for love? are you tired of calling and never get a call back from that special person you love? is your love one ignoring you or neglecting you?

Guaranteed Results**CLIENT TESTIMONIALS:**

-Sofia From Brooklyn: Mr shaman return my husband after only 5 days he came back begging for forgiveness, and it was all thanks to Mr shaman



Mr Shaman helped me to remove a black magic spell that was put on me many years ago, he told me to go to the basement of my house to find a voodoo doll, and it was right where mr Shaman told me to find it,

CALL NOW (347) 4745886
I HELP WITH

Luck and money problems clean black magic spells get protection from enemies Court and legal problems REMOVE EVIL SPELLS

all countrys are welcome
All Religions are Welcome



metro CLASSIFIEDS To place an ad call 866-900-9473 or visit us at www.metro.us

**SERIGNE**
Spiritual Healer & Coach

Bring back loved one, stopped infidelity in Relationship, marriage, fixed Domestic, issues, job, success in business, court case, removed bad luck, witchcraft, black magic. Stop enemy & offer protection. Results in 7 Days!

917-679-1518
OR 646-590-9495

SpiritualRestore.com

POWERFUL AFRICAN SPIRITUAL READER

Highly gifted & powerful spiritual healer fluent in English & French

All matter of life issues, personal growth guidance & clarity in finance, love, career, black magic specializing in removing evil spirits, voodoo, jaadoo, bring back loved ones, protection guaranteed. Quick Results.

100% Guaranteed.

One Call, One Visit Will Change Your Life

CALL MR TASLIMY AND GET HELP
917-385-9382

www.taslimyadvisor.com

PROFESSOR ABU SALAM

MYSTICAL AFRICAN ADVISOR & HEALER.
20 YEARS OF EXPERIENCE COMBINED
ANCESTORS POWERS & BLACK MAGIC.

CAN HELP YOU SOLVING ALL
YOUR ISSUES EVEN THE MOST
DIFFICULT ONE.

LOVE SPECIALIST: RETURN OF LOVED ONE IN THE QUICKEST WAY
EVEN HOPELESS CASE

BLACK MAGIC: RELEASE FROM SPELL, MYSTICAL ABUSE,
PROTECTION, GOOD & BAD LUCK, FAMILY ISSUES, COURT &
EXAM, FINANCES & CAREER, GAMBLING, SEXUAL POWDER ETC...

7 DAYS RESULTS. BY APPT ONLY.

Call 917 595 9916
116 St MANHATTAN NY
WWW.PSYCHICSALAM.COM



BETHIO
African Spiritual Consultant

Master in Reuniting loved ones, bringing love, marriage, help with family problems, blockage, work, business, gambling, luck, clear negativity, etc.

I can remove 100% of your bad luck, black magic, witchcraft, permanently, stop your enemies, etc.

Results in 3 to 9 days!

Call Now! 646-338-9719
www.psychicbethio.com

metro
CLASSIFIEDS

To place an ad call
866-900-9473
or visit us at
www.metro.us

DEADLINE: 2 BUSINESS
DAYS PRIOR TO
PUBLICATION AT 4 PM.

ENTERTAINMENT

**REAL PEOPLE,
REAL DESIRE,
REAL FUN.**

Try FREE: 646-429-1301
More Local Numbers: 1-800-926-6000

Ahora español
Liveline.com 18+

**International Spiritual Healer**

Supernatural gifted man who helps both internal & external matters in:
Love ▶ Marriage ▶ Family Protection
Children Problem ▶ Health ▶ Money
Job ▶ Business ▶ Enemies ▶ Court Cases
Sexual Problem ▶ Negativity ▶ Divorce matter
Stop drinking ▶ Give unbreakable protection

Only one visit lead you to the right path!
NO TIME LIMIT FOR ANY CONSULTATION
Call now for joy!

100% GUARANTEED RESULT! • Call: 347-261-0226

ENTERTAINMENT

Chat With America's Party Crowd!

see who's online now!

"LIVEWIRE CHAT" 1-206-876-2929

Club Voice M.A.L.E.
(Ultra M4M Chat)

1-206-876-6669

Hot Sexy Amateurs - Live 1 on 1
1-702-216-8888
Ld rates apply 18+

VIBE LINE



Meet sexy friends who
really get your vibe...

Try FREE: 212-920-2244

More Local Numbers: 1-800-811-1633

metro
CLASSIFIEDS

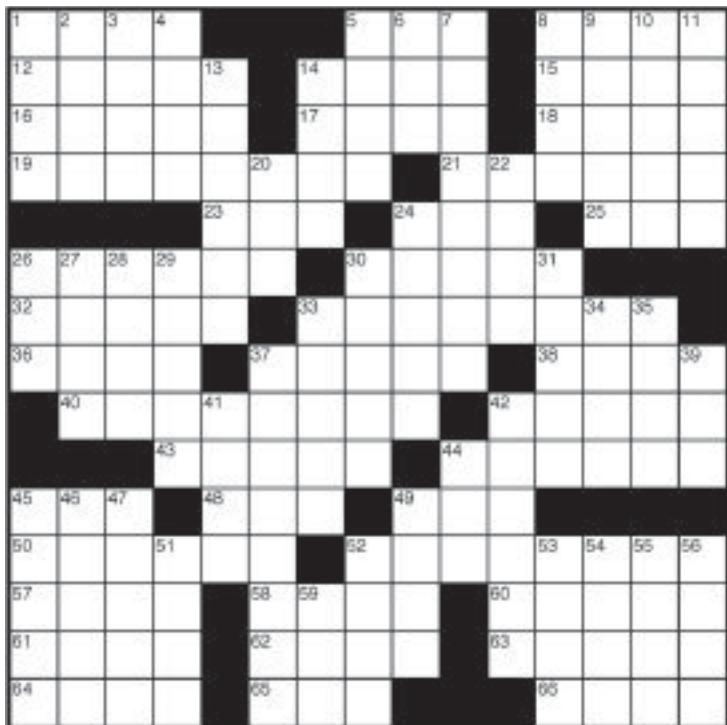
To place an ad call 866-900-9473
or visit us at www.metro.us

metro
CLASSIFIEDS

To place an ad call 866-900-9473 or visit us at www.metro.us

23 New York Tuesday, June 21, 2016

metro.us/crossword



Across

- 1 Mixer for rum
5 Family mem.
8 Steer or ram
12 Ms. Jong
14 Felipe or Moises
15 Faculty honcho
16 Sleuth's clues
17 Now, to Caesar
18 Bill, briefly
19 Arson
21 Not as dull
23 Byron work
24 Gun the engine
25 — you serious?
26 Vestibules
30 Check endorser
32 Flee to the JP
33 Halls packet
36 Rochester clinic
37 Buenos —
38 "Pretty Woman" actor
40 Ballroom dances
42 Nut holders
43 Knitting basics
44 Toto's home
45 ICU units
48 More, in Mexico
49 Gob of bubblegum
50 Gone bad
52 Cheerfully
57 Gen. Bradley
58 Clarified butter

metro.us /games

- 9 Insurance giant
10 Weaker, as an excuse
11 -- nous
13 On dry land
14 Prince Charles' sister
20 Ego companions
22 Flush with
24 Brings down the house
26 Not masc.
27 Viking name
28 Toy on a string (hyph.)
29 Super glue
30 Cruise stops
31 Incite (2 wds.)
33 They have their pride
34 Lampreys
35 Tijuana Ms.
37 Music adapter
39 Superman's emblem
41 Gentle
42 Pester
44 Chiang — -shek
45 Emulate Bing
46 Lounge band
47 Priggish
49 Brown nester
51 Cone producer
52 Broken-off glacier
53 Estate recipient
54 Waiter's burden
55 Diet
56 Stadium shouts
59 Yes in Yokohama

- 60 Goose-bumpy
61 Drama award
62 Come by honestly
63 Rodeo noose
64 Twig juncture
65 Tractor-trailer
66 Blended whiskeys

Down

- 1 Druid
2 Two-piece cookie
3 Fact fudger
4 "Back in Black" group
5 Fake coin
6 Cl- or Ca++
7 Horse chestnuts
8 Dept. store inventory

metro.us/sudoku

easy

		3			1	8	
2	4	6	3			5	
		1	9				6
			5		9		1
			1	4			
4		5			3		
1				7	3		
9				1	6	7	4
8	7				2		

hard

	2				7		3
				6			1 2
	4		2	3	6	8	5
			9		8		
		2	8	4			
	7		3				
9	7	2	8	1		3	
4	5			7			
6		1				2	

metro.us/horoscopes



Aries Emotions will spin out of control. Don't lose your composure when dealing with people who can affect your status, reputation or position. Back away from a power struggle.



Taurus Learn as you go. If you ask questions, you'll get answers that will help you formulate a strategy. Partnerships will be important to any personal or professional changes you make.



Gemini Gaining monetary freedom should be your intent. It's difficult to get ahead if you are falling behind financially. Don't buy in to a fast-cash scheme and don't pay for others.



Cancer You can alter your future if you follow your heart and make a change. Love, romance and relationships are highlighted. Don't be afraid to embrace something or someone new.



Leo Helping others will make you feel good, but don't let anyone take advantage of your generosity. Use your intelligence, and know when to back away.



Virgo Let your heart lead the way. You'll face opposition if you refuse to give in to demands or ultimatums. A work-related function could be eye-opening. Romance is featured.

Yesterday's answers



Can't wait until tomorrow to check your answers? Visit metro.us



Libra You must rely only on yourself if you want things done a specific way. Keep careful track of your expenses and budget. Don't let domestic problems spoil your professional productivity.



Scorpio You'll have everything under control. Your astute and skillful way of handling matters at home and work will be acknowledged. Celebrate your achievement.



Sagittarius Do your own fact-finding. Good results will ensue if you are careful about how you spend your cash. A change at home will lead to greater security.



Capricorn Your persuasive tactics will pay off. Don't worry about someone who heads in a different direction. You are best off surrounding yourself with people eager to help you.



Aquarius An important relationship will need nurturing. Discussions regarding plans will help ensure a happy home and give you room to focus on your professional goals.



Pisces Don't expect everyone to like your decisions. It's you who has to feel content with the outcome. Celebrate with people who support your choice. **EUGENIA LAST**



As the world's largest global newspaper, Metro has more than 18 million readers in more than 100 major cities in 23 countries. • Metro New York 120 Broadway, New York, NY 10271 • main 212-457-7790 • to advertising 212-952-1505 • As-sociate Publisher Ed Abrams • U.S. Circulation Director Joseph Laletta • U.S. Mar-keting Director Wilf Maunoir • email sales advertising@metro.us • email distri-bution distribution@metro.us • Advertisements appearing in Metro are published in good faith. Metro does not endorse and makes no representations about any of the advertising content appearing in its pages. Metro is not responsible for any loss or damages whatsoever resulting from readers using the services of its advertisers. Readers should exercise caution when replying to advertisements, especially those which require any form of payment, and, where necessary, should seek independent legal advice. • Editor in Chief Frank Burgos, frank.burgos@metro.us • Managing Editor Joel Millman, joel.millman@metro.us • National News Editor Morgan Rousseau, morgan.rousseau@metro.us • Web Editor Cristabelle Tumola, cristabelle.tumola@metro.us • Art Director Julianne Aerts, julianne.aerts@metro.us • National Features Editor/Style Editor Tina Chadha, tina.chadha@metro.us • Film Editor Matt Prigge, matt.prigge@metro.us • Going Out Editor Eva Kis, eva.kis@metro.us • National Music Editor rachel.raczka@metro.us • National Sports Editor Matt Burke, matt.burke@metro.us • Head of Production Matt Powell, matt.powell@metro.us





FIND CHILD CARE PROGRAMS IN YOUR AREA WITH **FACILITIES** THAT MUST:

- **Maintain safe staff-to-child ratios**
- **Follow safety regulations and have an emergency evacuation plan**
- **Provide safe means of transportation with parents' approval**
- **Ensure a safe sleeping environment**
- **Have window guards installed to prevent falls**

**Visit nyc.gov/health and search
NYC Child Care Connect TODAY!**



Bill de Blasio
Mayor
Mary T. Bassett, MD, MPH
Commissioner

Encuentre un programa
de cuidado infantil
con licencia

NYC conexión a guarderías

(NYC Child Care Connect)



ENCUENTRE EN SU ÁREA PROGRAMAS DE CUIDADO INFANTIL A LOS QUE SE LES REQUIERA:

- Emplear personal calificado y autorizado para trabajar con niños, que haya pasado por una investigación de antecedentes
- Tener un botiquín de primeros auxilios y personal certificado para brindar RCP
- Mantener una proporción segura de personal con respecto a niños para evitar amontonamiento
- Proveer un ambiente seguro para los niños

¡Llame al 311 o visite nyc.gov/health
y busque NYC Child Care Connect
HOY MISMO!



Bill de Blasio
Alcalde
Mary T. Bassett, MD, MPH
Comisionada